BJC HealthCare

Managing Health-Care Challenges

By Managing Health



Missouri's Health-Care Challenges

- Despite having some of the nation's best health-care institutions in our state, we continue to have major gaps in access to the right care at the right place at the right time for our citizens.
- Access to preventive health-care services is an urban AND rural challenge.
- Nationally, our employer-provided health insurance model is under pressure.
- The aging of baby boomers will place never before seen demands on the health-care system. Missouri's aged 65+ population is 15% higher than the national average, so we will feel the effects before many other parts of the country.
- We cannot control the costs of health care by focusing on care, we must focus on health.



Bottom Line

- The cost of health-care benefits cannot be managed effectively by attempting to restrict employee choice and access.
- The only way to effectively manage health-care costs is to manage health.
- We have to accept personal responsibility for our own health.
- We have to accept greater personal responsibility for helping to control health-care costs.
- Employers, government and the health-care provider community must be committed to developing and supporting wellness initiatives that help citizens stay healthy.
- In Missouri, we must acknowledge that health care is an economic development issue.



Accepting Personal Responsibility for Health

- All adults should know and actively manage these five health indicators:
 - Blood Pressure
 - Body Mass Index
 - Cholesterol
 - Blood Sugar
 - Smoking Status Don't
- Managing these five health indicators will help reduce the incidence of heart disease, diabetes, hypertension, respiratory disorders and lung disease.
- Losing just five to ten percent of your body weight in a year's time has a number of health benefits and is an attainable goal. Example: For a 300 pound man, that would mean losing just two to three pounds a month over 12 months.
- Knowing and taking ownership of your health indicators and health information is the first step towards personal responsibility.



Facilitating Personal Responsibility

- BJC provides year-round on-site health fairs free of charge to our employees.
- BJC provides incentives for all employees who receive BJC medical benefits to complete an annual on-line health risk assessment and to accept a health pledge to manage and improve their health.
- BJC requires all employees who enroll in our Gold benefits plan to be non-smokers or enroll in a smoking cessation program.
- Like most employers, BJC has a medical benefits design that requires employees to help cover the increased costs of their health-care benefits.



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- BJC has developed a number of programs and services to help employees fulfill their pledge to manage and improve their own health.
 - Health Fairs
 - Smoking Cessation Classes
 - Weight Watchers
 - Aspirin Initiative
 - Health Hall of Fame
- The complete menu of service offerings is available at http://www.bjchelpforyourhealth.org/





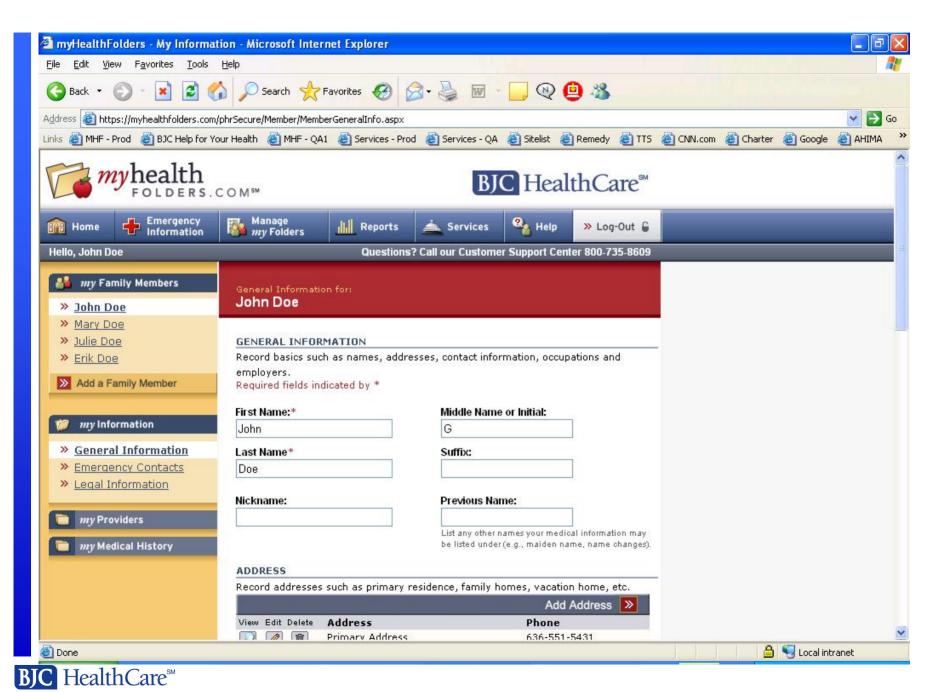
myHealthFolders

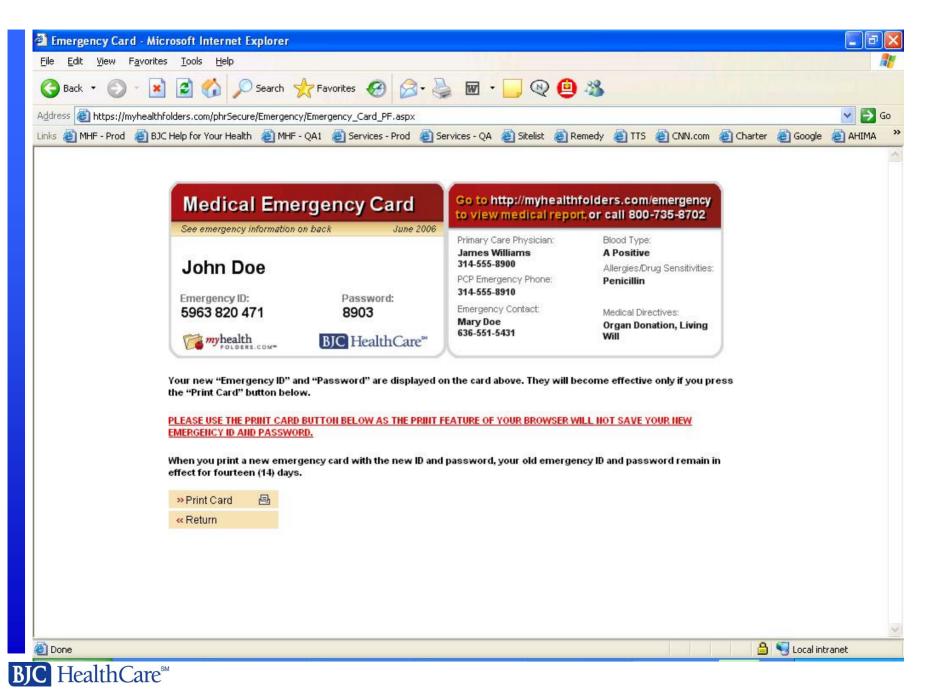
- myHealthFolders is an electronic personal health record an on-line, secure and confidential repository of health information, which is maintained by each employee for themselves and their family members.
- In an emergency, myHealthFolders information can be made available to medical responders using an ID and password.
- BJC created this tool and offers the program free of charge to every employee.
- The goal is to encourage individuals to take responsibility for managing their own health information. In effect, every employee becomes their own primary care provider.
- Visit http://www.myHealthFolders.com

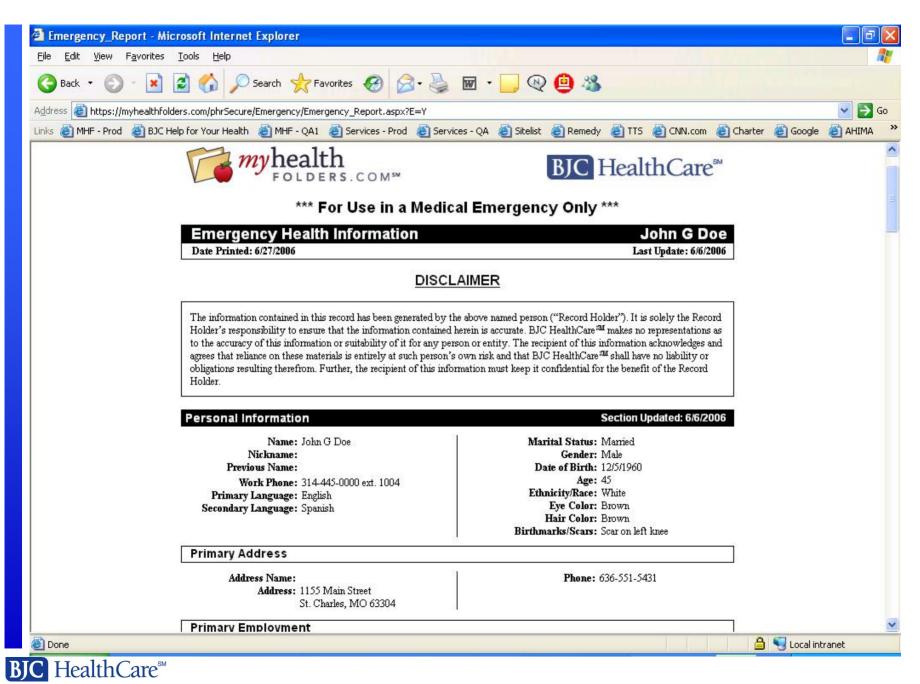


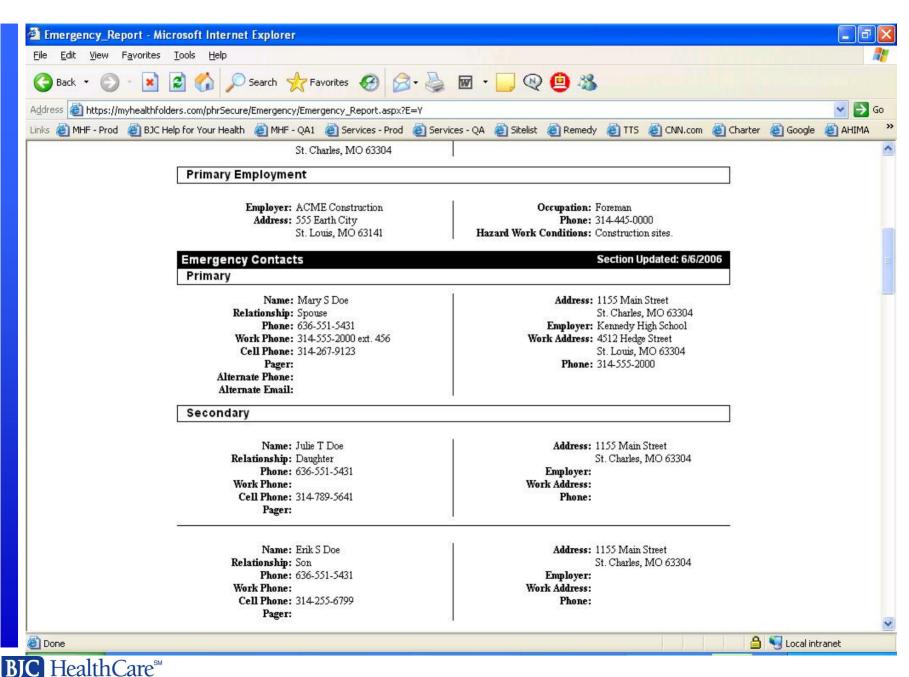


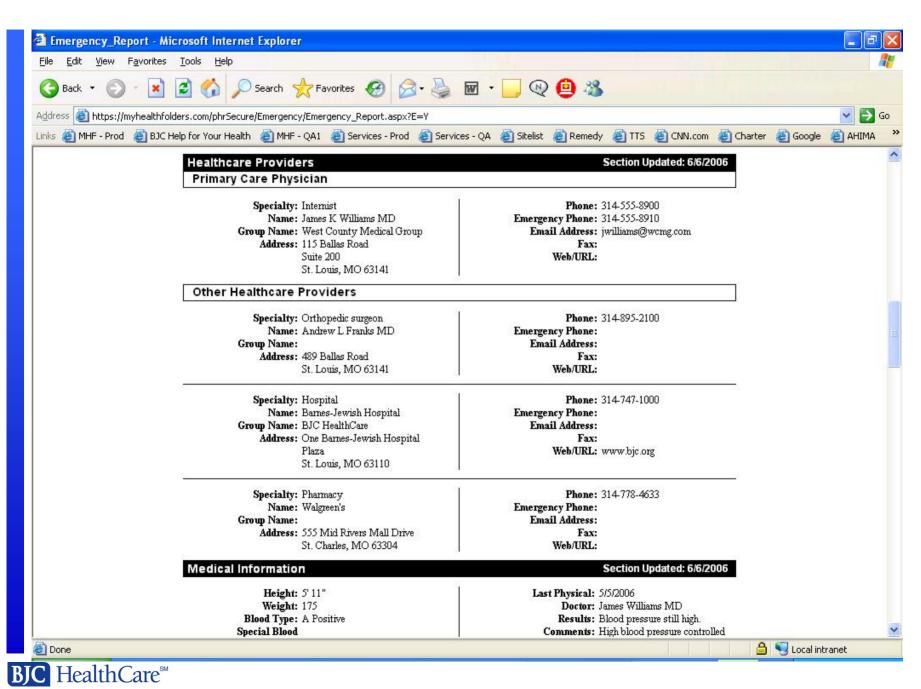


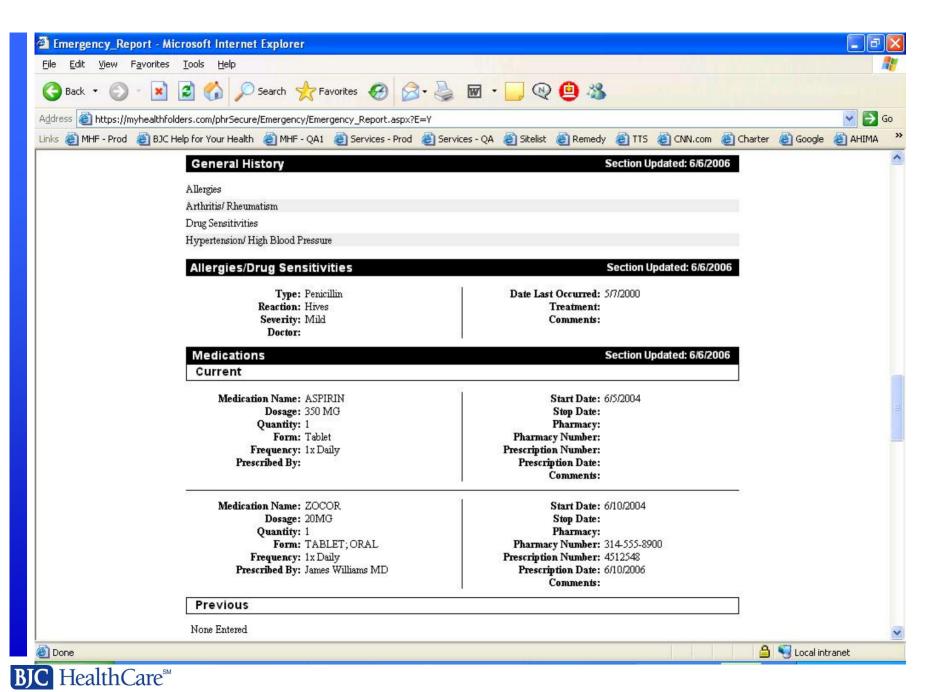


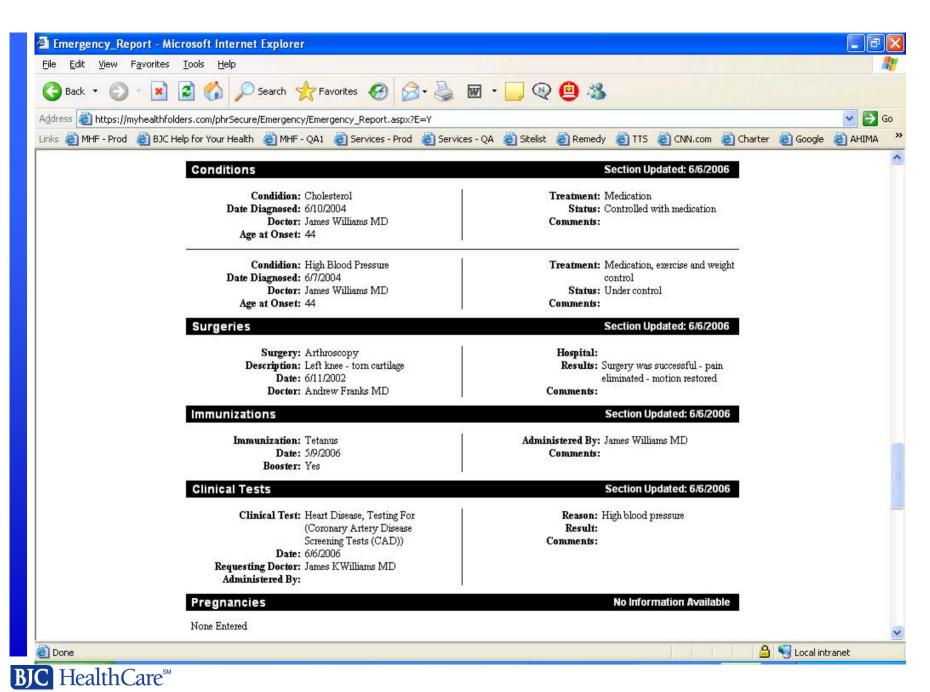


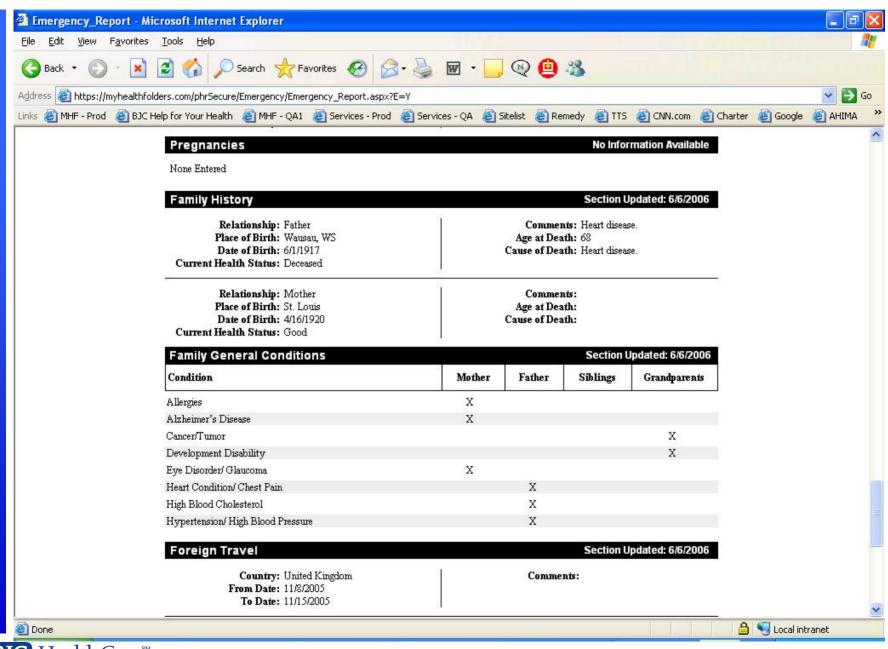


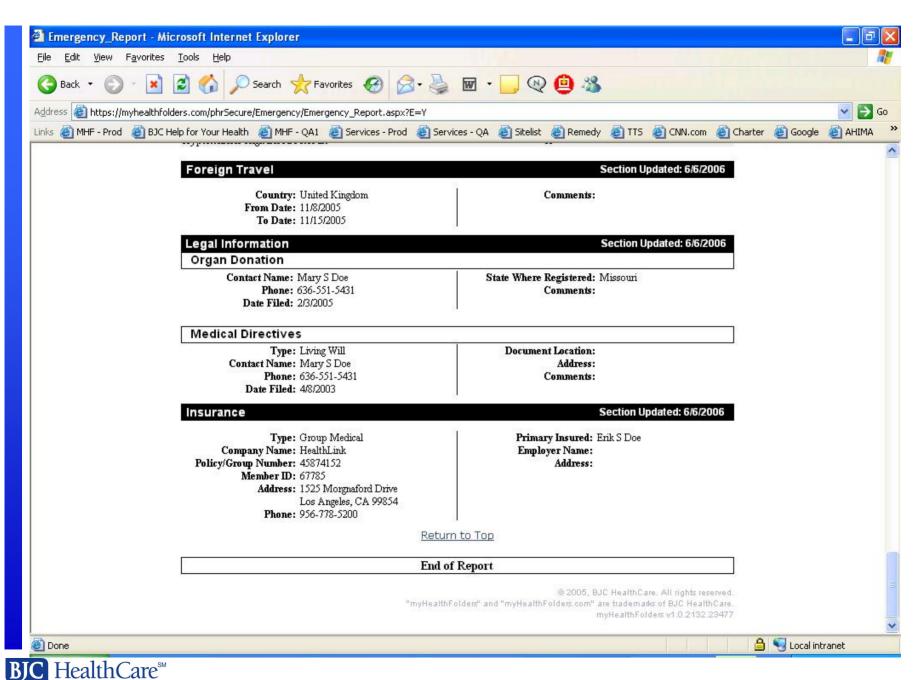












Quick Summary

- BJC offers a variety of free health literacy programming to our employees to help them manage their health. More information is available at www.bjchelpforyourhealth.com and www.myHealthFolders.com
- We encourage employers to provide health literacy services to their employees, including myHealthFolders at no cost to their employees.
- We are partnering with employers to offer successful and proven approaches to help reduce the high cost of employee health benefits.
- These programs are part of BJC's commitment to investing in the community.



BJC's Goals

- To encourage personal responsibility for health.
- To reduce the cost of health care and medical benefits.
- To improve the health of our community.



A Vision of the Future

- In ten years, we are outperforming the national average on each of our health-care metrics.
- We have achieved this improved standard of health without continuing to increase the costs devoted to providing health-care services, but by intentionally focusing on improving health.
- The health-care provider community is recognized for its health and wellness outreach programs to citizens across the state.
- Missouri has become the Show-Me State when it comes to the application of "smart technologies" to providing health-care services.
- Our citizens take seriously their personal responsibility for maintaining health as evidenced by the dramatic decrease in the number of Missourians who smoke, the decrease in obesity among adults and children, and the demonstrable increase in the productivity of our workforce.

